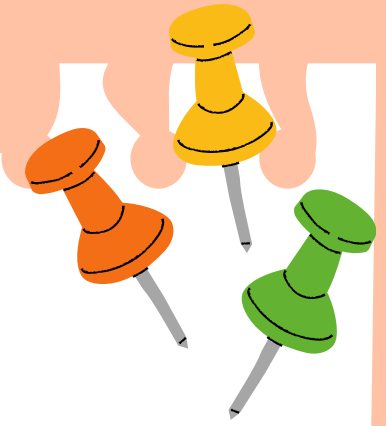
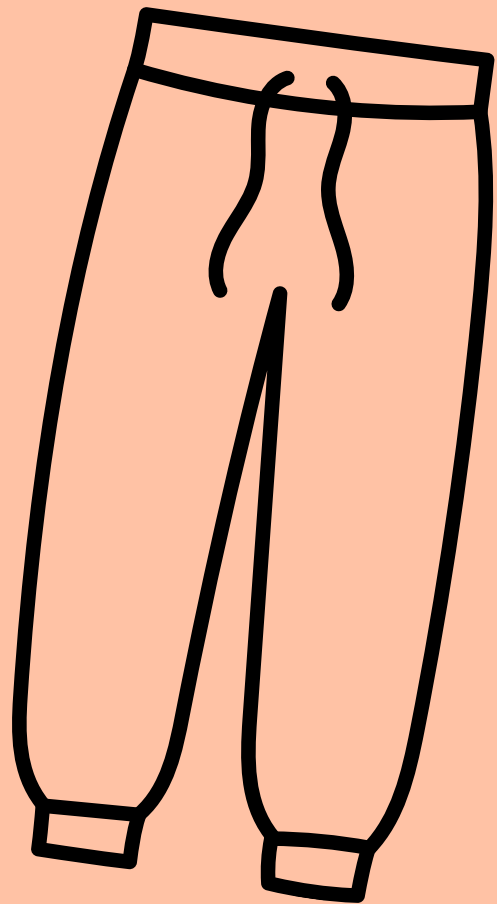
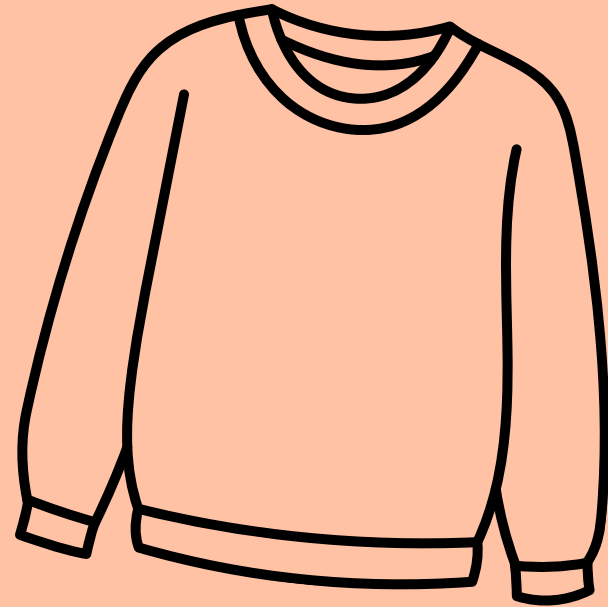
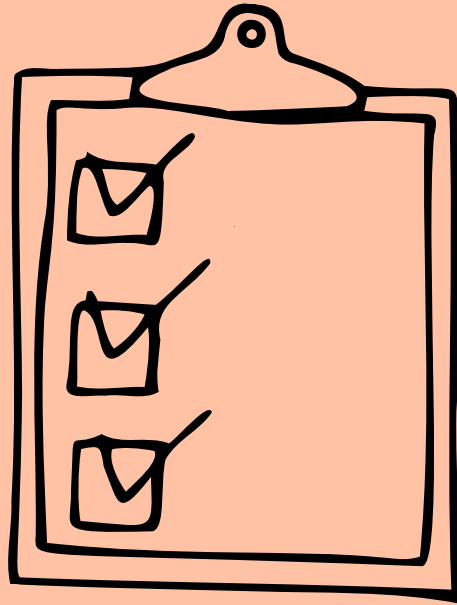




# Help Support Student Learning at Home



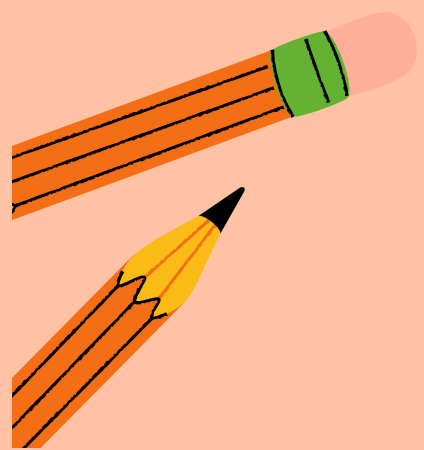
## Schedules

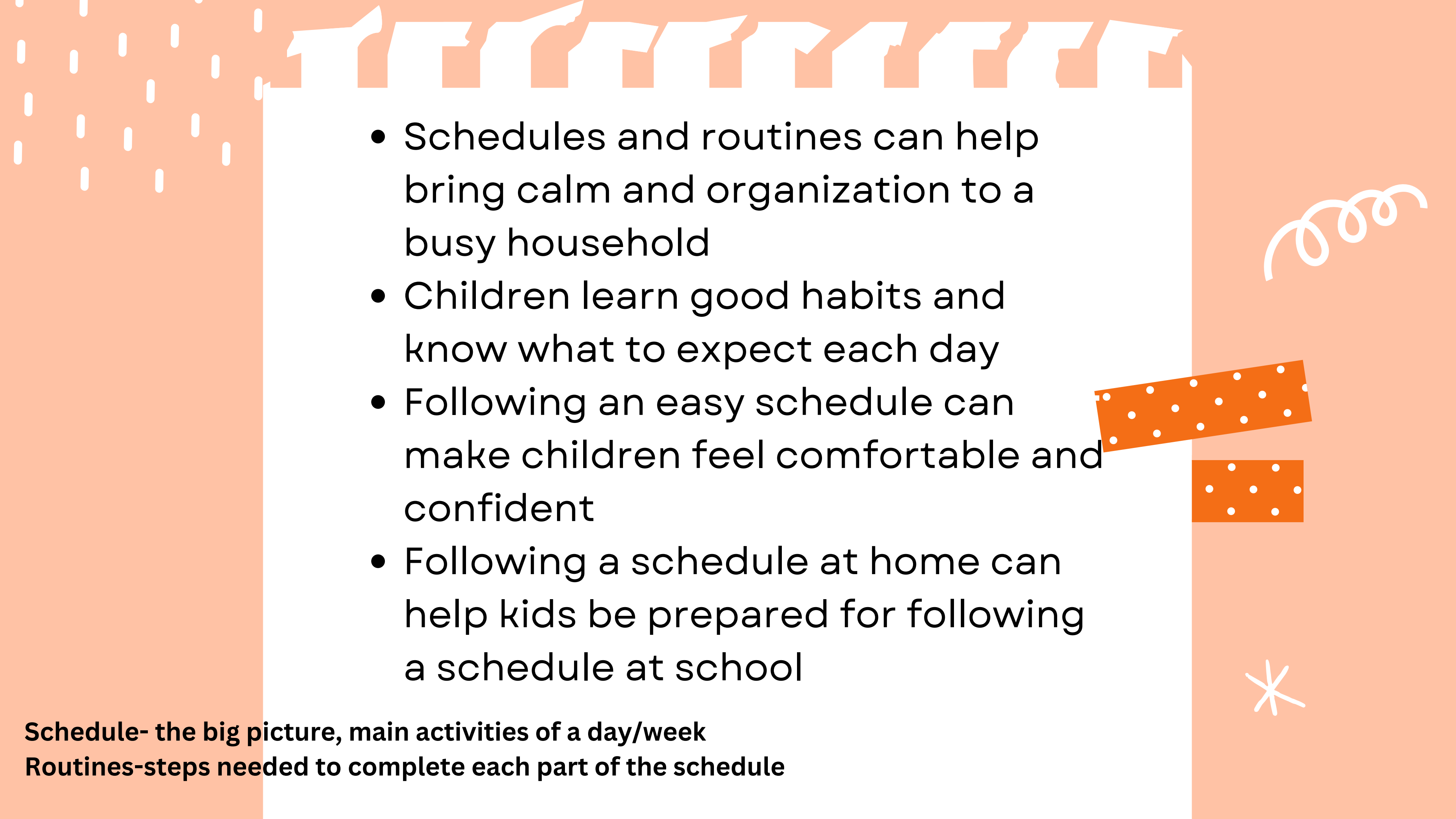
Develop a regular schedule

Make sure your child gets enough sleep

Keep a regular bedtime and have a morning routine

Make sure clothes and backpacks are ready the night before



- 
- Schedules and routines can help bring calm and organization to a busy household
  - Children learn good habits and know what to expect each day
  - Following an easy schedule can make children feel comfortable and confident
  - Following a schedule at home can help kids be prepared for following a schedule at school

**Schedule-** the big picture, main activities of a day/week

**Routines-** steps needed to complete each part of the schedule



Example

## Morning Routine



Wake Up



Get Dressed



Eat Breakfast



Make Bed



Brush Teeth



Comb Hair



Put on shoes and coat



Grab backpack and lunch



Go to school

Example

## Evening Routine



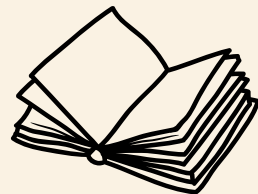
Pack backpack



Set out clothes



Prepare for bed-  
shower, pajamas, brush  
teeth



Read

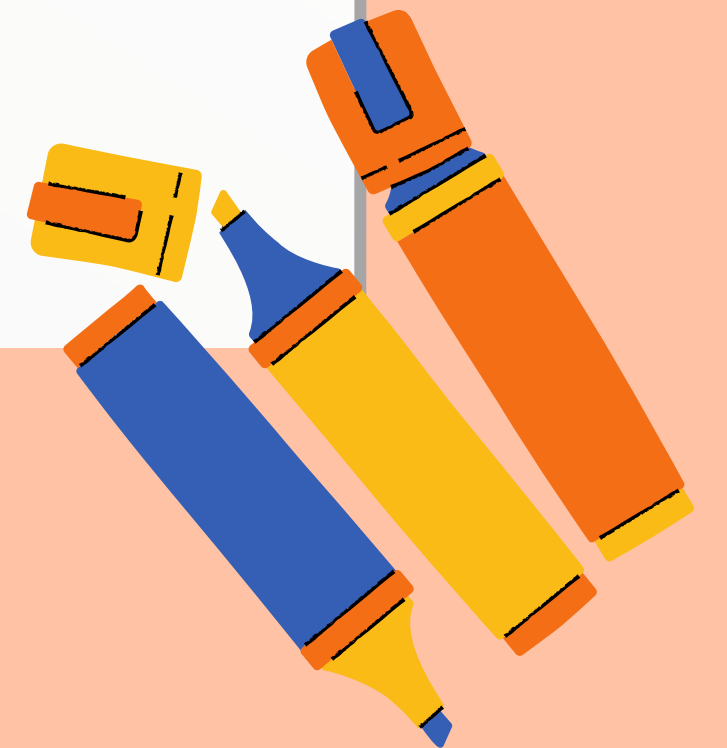


Lights out



## Encourage Independence

- allow children to make choices
- give time to solve problems
- encourage them to take on new chores at home



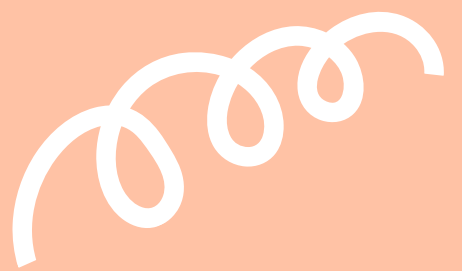
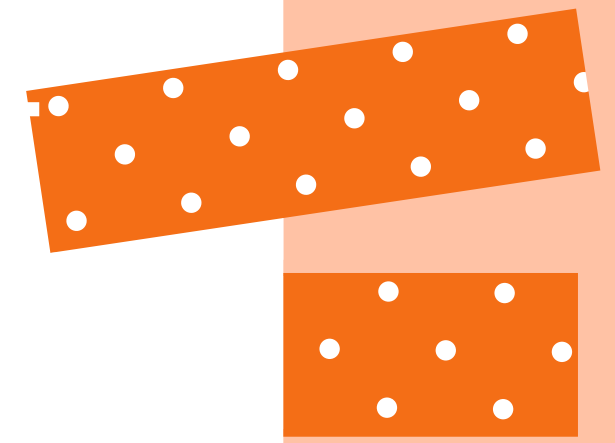


## Ideas to build motivation

### Set an Example

Let your child see you

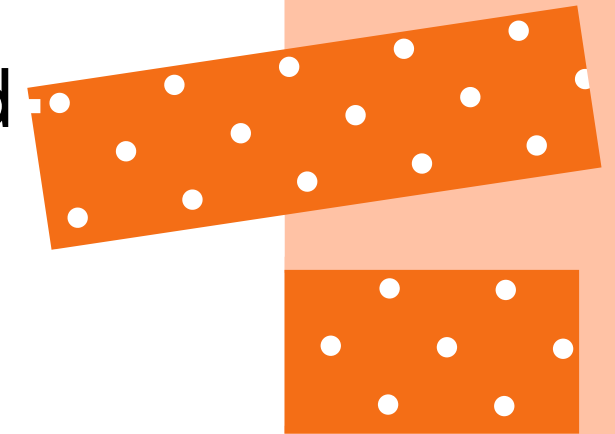
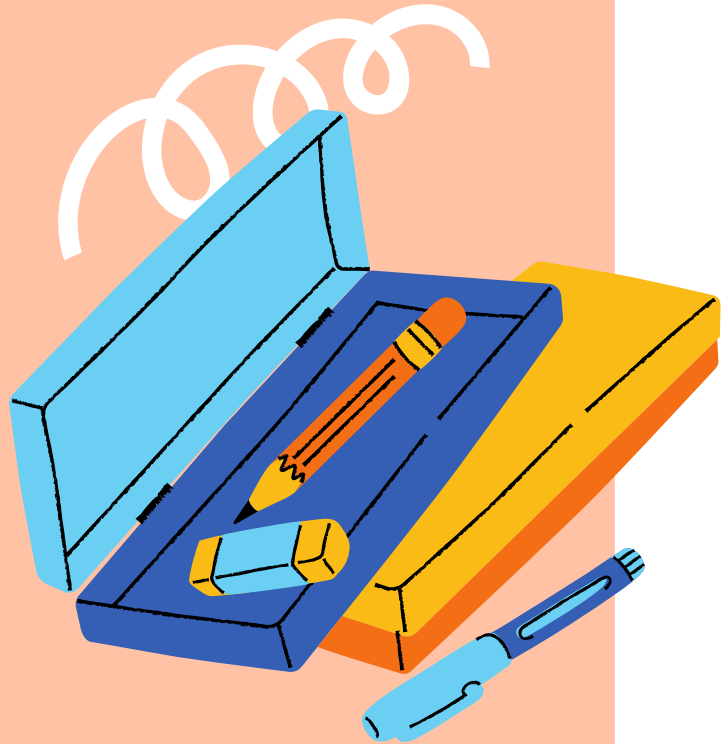
- read
- write
- use a calendar
- ask questions





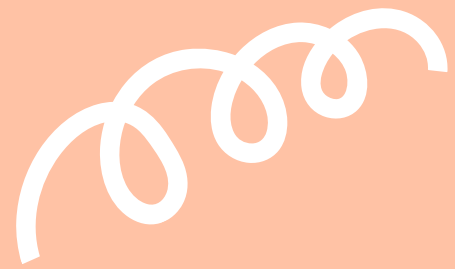
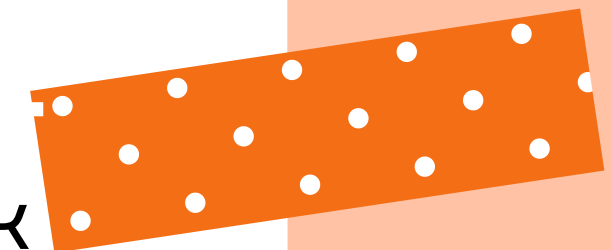
## Ideas to build motivation

- Teach your child to set goals. Start small—a short term goal which can be immediately achievable is a good starting point (ex. finish all math homework this week)
- Take school seriously. Review homework and ask questions about what went on in school.
- Keep track of your student's progress. Post schoolwork on the refrigerator. Keep a chart of how your child helps around the house. Talk about your student's accomplishments.
- Motivate students by breaking big jobs into small ones.



## Getting Organized

- Teach your child how to keep track of activities (and items needed such as instruments, clothes for after school activities etc.), due dates and test dates on a weekly calendar.
- Set aside (schedule) a time for homework and/or reading. Put away distractions during this time. Be sure your student has all the supplies they need in one place.
- Help review assignments and organize, but let your student do the work.





## Growth Mindset

What is a Growth Mindset? A growth mindset is believing that our brain can grow and learn many new things. The more we use our brains, the stronger (and smarter) they become.



## How you can help?

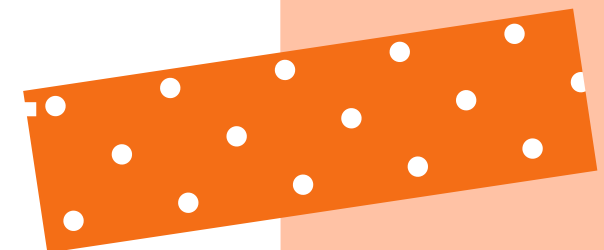
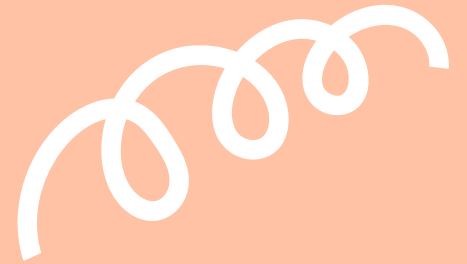
- **Talk about it** *“Did you make a mistake today? What did you learn?”*
- **Praise the process** *“Wow! You must have worked hard on this!”*
- **The brain can grow!** *The brain grows if they keep working through challenges.*
- **Help them change their dialogue** *“I can’t do this, yet, but I will keep trying.”*
- **Encourage Failure** *Failure happens and it is ok! Everytime they fail and try again their brain is growing stronger.*



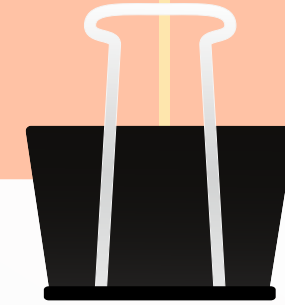
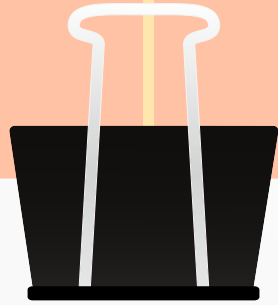


## Show your child that you care

- find ways to say “I love you”
- make time to talk and really listen
- monitor your child’s schoolwork
- talk about progress and recognize accomplishments, improvements and hard work



# Parent Teacher Conferences



**Talk with your child** - What would your child like you talk about? What does your child think the teacher will say? What does your student like and dislike? Do they have any problems in class? What are their successes in class?

**Think about questions you'd like to ask** - Check out the Quick Tip 'Get Ready for the Parent Teacher Conference' for suggestions.

**What should the teacher know?** Your student's favorite subjects, outside interests and hobbies, any medical and health needs, things happening at home that may affect schoolwork. Sum up what you think has been said. Establish the best way to contact each other.

**At the conference**-Keep an open mind. Ask to see your child's work. Ask the teacher to explain terms that are new to you.

**After the conference**- Stay in touch with the teacher. Talk with your child. Stress the positive things the teacher said and make a plan to carry out any suggestions for improvement.



## Resources:

**Reading Rockets:** Literacy Tips and Activities for Parents (English and Spanish)

[www.readingrockets.org](http://www.readingrockets.org)



**Quick Tips from the The Parent Institute (English and Spanish):** Parents are Teachers, Too!, Help Your Child Develop and 'I Can Do It' attitude, Secrets for Making Children Want to Read and more

[www.fcps.edu/frc](http://www.fcps.edu/frc)

**Helping Children Learn-** Monthly Newsletter, English and Spanish

[www.fcps.edu/family-academy](http://www.fcps.edu/family-academy)

### **Family Resources - Advanced Academic Programs**

Resources for parents to support the development of students in Advanced Academic Programs (AAP) at home, including enrichment, research, and critical and creative thinking activities.

[www.fcps.edu](http://www.fcps.edu)





## **Resources (continued):**

Recorded Webinar from the FCPS Family Resource Center: [Math Everywhere! Talking to Your Children about Mathematics](#)

Additional Math Webinar Resources:

Resources for Parents from You Cubed.org, Inspiring ALL Students with Open, Creative, Mindset Mathematics: [Parent Resource Handout](#)

Tools to Build Fluency: [Hundreds Chart](#), [Ten frames](#), [Grid Paper](#), [Math Cards](#), Dice, Fingers

## **Mathematics Games**

Early Numeracy- Primary

- [How Much? 1 to 10](#)
- [Tic-Tac-Toe 1 to 5, 1 to 10](#)
- [Match 1 to 5, Pyramid Match](#)

Upper

- [How Close to 100](#)
- [Tic-Tac-Toe Products](#)
- [Circles and Stars](#)
- [Challenge 24 cards](#)
- [Challenge 24 virtual version](#)



Resources (continued):

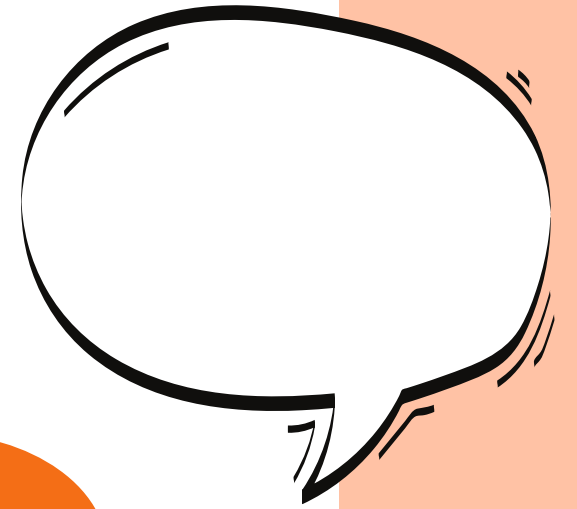
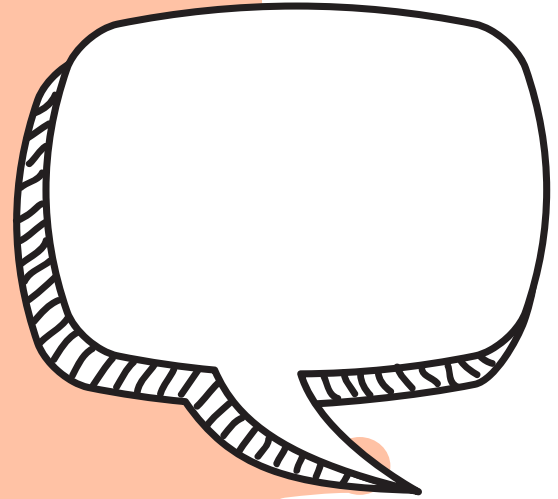
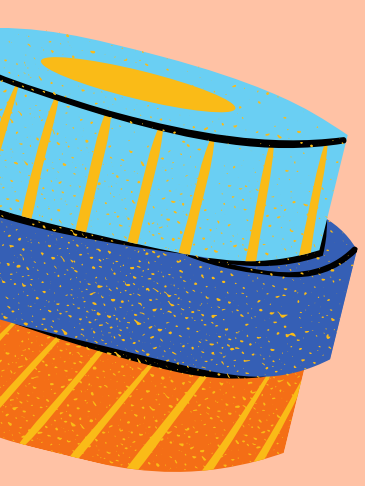
### **Books to Promote a Positive Math Identities:**

- The Boy Who Loved Math
- Infinity and Me
- Maryam's Magic
- Nothing Stopped Sophie
- A Hundred Billion Stars
- Goodnight Numbers

For more ideas, go to [mathicalbooks.org](https://mathicalbooks.org)

### **Additional Resources**

- [pbskids.org/grownups/](https://pbskids.org/grownups/)
- [numeracyathome.com](https://numeracyathome.com)
- [bedtimemath.org](https://bedtimemath.org)



**Thank You!**  
**Questions?**  
**Comments?**

